

ABSTRACT OF THE DISCLOSURE

Patient data for a patient are recorded which include measured values for measured variables relating to implementation and/or for quantification of interim results for a training program completed by the patient. In addition, a first database is provided which contains rules for linking patient data to proposals for modifying training programs. A first or a second data processing station automatically generates one or more proposals for modifying or retaining the training program completed by the patient by reverting to the first database, and outputs it/them to the first or to a further data processing station. The present method and the associated system reduce the workload and time taken for a treating physician or therapist when modifying a training program during rehabilitation.